

10 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2025

**15m vlinderslag benen onderwater****25m vrije slag met koprol****25m rugslag start****50m borstcrawl benen****100m borstcrawl benen****25 vrije slag****50 vrije slag**

1. Renkema Iris	04	08-021	36.32	50m	29-11-14	Beverwijk (NED)	276
2. Scholten Britt	04	08-021	38.27	50m	29-11-14	Beverwijk (NED)	236
3. Hoekstra Eline	03	08-021	38.83	50m	7-12-13	Beverwijk (NED)	226
4. Blaauw Yente	03	08-021	39.58	50m	7-12-13	Beverwijk (NED)	213
5. Buur Naomi	01	08-021	39.96	50m	3-12-11	Beverwijk (NED)	207
6. Petit Kirsten	00	08-021	40.18	50m	4-12-10	Beverwijk (NED)	204
7. de Vriend Sofie	01	08-021	40.52	50m	3-12-11	Beverwijk (NED)	199
8. Plokker Sylvia	68	08-021	41.80	50m	11-6-78	Beverwijk (NED)	181
9. de Wildt Maud	05	08-021	42.76	50m	5-12-15	Beverwijk (NED)	169
10. Doodeman Sara	00	08-021	43.18	50m	4-12-10	Beverwijk (NED)	164
11. Schut Bodine	09	08-021	44.66	50m	30-11-19	Beverwijk (NED)	148
12. Niesten Iris	92	08-021	44.93	50m	20-10-02	Beverwijk (NED)	146
13. Herwegh Izayra Rena	14	08-021	44.96	50m	7-12-24	Beverwijk (NED)	145
14. Liefthing Sarina	93	08-021	45.58	50m	12-10-03	Beverwijk (NED)	140
15. Wentink Yara	04	08-021	45.79	50m	29-11-14	Beverwijk (NED)	138
16. Schelvis Liselot	92	08-021	46.45	50m	20-10-02	Beverwijk (NED)	132
17. Visser Robin	05	08-021	47.52	50m	5-12-15	Beverwijk (NED)	123
18. van Giezen Corina	68	08-021	51.80	50m	11-6-78	Beverwijk (NED)	95
19. Knight Kayleigh	00	08-021	52.26	50m	4-12-10	Beverwijk (NED)	92
20. van Roon Jill	14	08-021	1:03.50	50m	9-6-24	Bückeburg (GER)	51

**100 vrije slag**

1. Stel Serena	98	08-021	1:13.08	50m	7-12-08	Eindhoven (NED)	354
2. Crok Linda	94	08-021	1:17.78	50m	27-6-04	Dordrecht (NED)	293
3. Renkema Iris	04	08-021	1:23.45	50m	29-6-14	Dordrecht (NED)	237
4. Dijkstra Lisette	86	08-021	1:23.90	50m	11-5-96	Beverwijk (NED)	234
5. Scholten Britt	04	08-021	1:24.40	50m	3-6-14	Beverwijk (NED)	229
6. Visser Kelly	89	08-021	1:33.21	50m	31-10-99	Beverwijk (NED)	170
7. Hoek Daniëlle	88	08-021	1:34.31	50m	25-10-98	Beverwijk (NED)	164
7. Steenkamp Ciska	90	08-021	1:34.31	50m	7-5-00	Beverwijk (NED)	164
9. Kleijne Daisy	89	08-021	1:37.86	50m	31-10-99	Beverwijk (NED)	147
10. Dijkstra Pascal	89	08-021	1:40.84	50m	2-5-99	Beverwijk (NED)	134
11. van der Gracht Anouk	89	08-021	1:45.30	50m	2-5-99	Beverwijk (NED)	118
12. Niesten Iris	92	08-021	1:46.74	50m	1-6-02	Beverwijk	113
13. Kerkhoven Michelle	91	08-021	1:46.75	50m	26-5-01	Beverwijk (NED)	113
14. Sobh Shaime	03	08-021	1:49.22	50m	15-6-13	Beverwijk (NED)	106

100 vrije slag (sinds 15)

15. Schelvis Liselot	92	08-021	1:49.44	50m	21-4-02	Beverwijk (NED)	105
----------------------	----	--------	---------	-----	---------	-----------------	-----

**200 vrije slag**

1. Visser Kelly	89	08-021	3:18.21	50m	31-10-99	Beverwijk (NED)	185
2. Kleijne Daisy	89	08-021	3:26.36	50m	31-10-99	Beverwijk (NED)	164

**250 vrije slag****300 vrije slag****400 vrije slag**

1. Dijkstra Lisette	86	08-021	6:39.10	50m	4-5-96	Beverwijk (NED)	207
2. Visser Kelly	89	08-021	6:40.81	50m	31-10-99	Beverwijk (NED)	205
3. Kleijne Daisy	89	08-021	7:05.49	50m	31-10-99	Beverwijk (NED)	171

**500 vrije slag****800 vrije slag****1000 vrije slag****1250 vrije slag****1500 vrije slag****2000 vrije slag****2500 vrije slag****3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag**

**22000 vrije slag****25 rugslag****50 rugslag**

1. Hoekstra Eline	03	08-021	43.16	50m	7-12-13	Beverwijk (NED)	246
2. Scholten Britt	04	08-021	43.71	50m	29-11-14	Beverwijk (NED)	237
3. Essers Sanne	91	08-021	44.10	50m	21-10-01	Beverwijk (NED)	231
4. Petit Kirsten	00	08-021	44.64	50m	4-12-10	Beverwijk (NED)	222
5. Renkema Iris	04	08-021	45.55	50m	29-11-14	Beverwijk (NED)	209
6. Buur Naomi	01	08-021	45.61	50m	3-12-11	Beverwijk (NED)	208
7. Blaauw Yente	03	08-021	47.06	50m	7-12-13	Beverwijk (NED)	190
8. de Vriend Sofie	01	08-021	47.15	50m	3-12-11	Beverwijk (NED)	189
9. Schut Bodine	09	08-021	47.27	50m	30-11-19	Beverwijk (NED)	187
10. Visser Robin	05	08-021	48.90	50m	5-12-15	Beverwijk (NED)	169
11. de Wildt Maud	05	08-021	49.28	50m	25-4-15	Alkmaar (NED)	165
12. de Groot Daniëlle	93	08-021	49.64	50m	12-10-03	Beverwijk (NED)	161
13. Liefing Sarina	93	08-021	50.46	50m	12-10-03	Beverwijk (NED)	154
14. Doodeman Sara	00	08-021	52.11	50m	4-12-10	Beverwijk (NED)	140
15. Herwegh Izayra Rena	14	08-021	52.34	50m	7-12-24	Beverwijk (NED)	138
16. Wentink Yara	04	08-021	53.23	50m	29-11-14	Beverwijk (NED)	131
17. Knight Kayleigh	00	08-021	56.47	50m	4-12-10	Beverwijk (NED)	110
18. Slotemaker Britt	14	08-021	1:02.34	50m	7-12-24	Beverwijk (NED)	81
19. van Roon Jill	14	08-021	1:07.51	50m	8-6-24	Bückeburg (GER)	64

**100 rugslag**

1. Crok Linda	94	08-021	1:31.73	50m	25-4-04	Beverwijk (NED)	254
2. Steenkamp Ciska	90	08-021	1:38.51	50m	7-5-00	Beverwijk (NED)	205
3. Koopman Anitra	89	08-021	1:39.60	50m	2-5-99	Beverwijk (NED)	198
4. Essers Sanne	91	08-021	1:41.35	50m	29-4-01	Beverwijk (NED)	188
5. Visser Kelly	89	08-021	1:42.60	50m	31-10-99	Beverwijk (NED)	181
6. Dijkstra Pascal	89	08-021	1:43.47	50m	2-5-99	Beverwijk (NED)	177
7. Kleijne Daisy	89	08-021	1:43.85	50m	31-10-99	Beverwijk (NED)	175
8. Niesten Iris	92	08-021	1:45.27	50m	21-4-02	Beverwijk (NED)	168
9. Hoek Daniëlle	88	08-021	1:48.84	50m	25-10-98	Beverwijk (NED)	152
10. van der Gracht Anouk	89	08-021	1:54.81	50m	2-5-99	Beverwijk (NED)	129
11. Schelvis Liselot	92	08-021	1:59.34	50m	21-4-02	Beverwijk (NED)	115
12. Kerkhoven Michelle	91	08-021	2:04.19	50m	26-5-01	Beverwijk (NED)	102
13. Veldhuis Amelia	03	08-021	2:04.38	50m	15-6-13	Beverwijk (NED)	101

**200 rugslag****500 rugslag****25 schoolslag**

**50 schoolslag**

1. Hoekstra Eline	03	08-021	50.26	50m	7-12-13	Beverwijk (NED)	200
2. Renkema Iris	04	08-021	50.52	50m	29-11-14	Beverwijk (NED)	197
3. Scholten Britt	04	08-021	51.22	50m	29-11-14	Beverwijk (NED)	189
4. Blaauw Yente	03	08-021	51.49	50m	7-12-13	Beverwijk (NED)	186
5. Buur Naomi	01	08-021	53.93	50m	3-12-11	Beverwijk (NED)	162
6. de Wildt Maud	05	08-021	55.32	50m	5-12-15	Beverwijk (NED)	150
7. Herwegh Izayra Rena	14	08-021	56.56	50m	7-12-24	Beverwijk (NED)	140
8. Visser Robin	05	08-021	58.96	50m	5-12-15	Beverwijk (NED)	123
9. Knight Kayleigh	00	08-021	59.00	50m	4-12-10	Beverwijk (NED)	123
10. Slotemaker Britt	14	08-021	59.24	50m	7-12-24	Beverwijk (NED)	122
11. Doodeman Sara	00	08-021	1:00.64	50m	4-12-10	Beverwijk (NED)	113
12. Wentink Yara	04	08-021	1:01.36	50m	29-11-14	Beverwijk (NED)	109
13. van Roon Jill	14	08-021	1:05.65	50m	9-6-24	Bückeburg (GER)	89

**100 schoolslag**

1. Teufer Irene	96	08-021	1:35.77	50m	2-7-06	Dordrecht (NED)	300
2. van Honk Chantal	80	08-021	1:37.90	50m	20-5-90	Beverwijk (NED)	281
3. van Leeuwen Andrea	71	08-021	1:46.30	50m	3-5-81	Beverwijk (NED)	219
4. Steenkamp Ciska	90	08-021	1:46.50	50m	22-10-00	Beverwijk (NED)	218
5. Koopman Anitra	89	08-021	1:48.84	50m	31-10-99	Beverwijk (NED)	204
6. Plokker Sylvia	68	08-021	1:49.10	50m	11-6-78	Beverwijk (NED)	203
7. Niesten Iris	92	08-021	1:51.17	50m	20-10-02	Beverwijk (NED)	191
8. Rodenburg Kyra	96	08-021	1:54.52	50m	28-5-06	Beverwijk (NED)	175
9. Hoek Daniëlle	88	08-021	1:54.99	50m	25-10-98	Beverwijk (NED)	173
10. Schelvis Liselot	92	08-021	1:55.21	50m	2-6-02	Beverwijk	172
11. Essers Sanne	91	08-021	1:56.27	50m	21-10-01	Beverwijk (NED)	167
12. Lifting Sarina	93	08-021	1:57.14	50m	12-10-03	Beverwijk (NED)	164
13. de Wildt Maud	05	08-021	1:57.29	50m	25-4-15	Alkmaar (NED)	163
14. Huisman Jolanda	68	08-021	1:58.80	50m	11-6-78	Beverwijk (NED)	157
15. Kesting Alexandra	00	08-021	2:00.89	50m	13-6-10	Beverwijk (NED)	149
16. de Groot Daniëlle	93	08-021	2:00.91	50m	12-10-03	Beverwijk (NED)	149
17. Veldhuis Amelia	03	08-021	2:07.47	50m	16-6-13	Beverwijk (NED)	127
18. Eijndhoven Jonna	02	08-021	2:11.44	50m	10-6-12	Beverwijk (NED)	116
19. Knight Kayleigh	00	08-021	2:12.40	50m	13-6-10	Beverwijk (NED)	113
20. Sobh Shaime	03	08-021	2:13.64	50m	16-6-13	Beverwijk (NED)	110
21. Hol Manouk	05	08-021	2:16.88	50m	25-4-15	Alkmaar (NED)	102

**200 schoolslag****250 schoolslag****500 schoolslag****800 schoolslag****1000 schoolslag****1250 schoolslag**

**1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag****50 vlinderslag**

1. Teufer Irene	96	08-021	39.74	50m	2-7-06	Dordrecht (NED)	232
2. Crok Linda	94	08-021	44.39	50m	25-4-04	Beverwijk (NED)	166
3. Essers Sanne	91	08-021	47.17	50m	21-10-01	Beverwijk (NED)	138
4. Scholten Britt	04	08-021	47.47	50m	29-11-14	Beverwijk (NED)	136
5. Renkema Iris	04	08-021	50.36	50m	29-11-14	Beverwijk (NED)	114
6. Hoekstra Eline	03	08-021	51.64	50m	7-12-13	Beverwijk (NED)	105
7. Blaauw Yente	03	08-021	51.83	50m	7-12-13	Beverwijk (NED)	104
8. de Vriend Sofie	01	08-021	52.13	50m	3-12-11	Beverwijk (NED)	102
9. Petit Kirsten	00	08-021	52.76	50m	4-12-10	Beverwijk (NED)	99
10. de Groot Daniëlle	93	08-021	54.07	50m	12-10-03	Beverwijk (NED)	92
11. Buur Naomi	01	08-021	55.83	50m	3-12-11	Beverwijk (NED)	83
12. Koopman Anitra	89	08-021	56.04	50m	31-10-99	Beverwijk (NED)	82
13. Steenkamp Ciska	90	08-021	58.00	50m	22-10-00	Beverwijk (NED)	74
14. Wentink Yara	04	08-021	58.34	50m	29-11-14	Beverwijk (NED)	73
15. de Wildt Maud	05	08-021	59.09	50m	5-12-15	Beverwijk (NED)	70
16. Eijndhoven Jonna	02	08-021	1:00.39	50m	10-6-12	Beverwijk (NED)	66
17. Visser Robin	05	08-021	1:06.10	50m	5-12-15	Beverwijk (NED)	50
18. Veldhuis Amelia	03	08-021	1:12.54	50m	16-6-13	Beverwijk (NED)	38

**100 vlinderslag****200 vlinderslag****1000 vlinderslag****100 wisselslag****200 wisselslag**

1. Stel Serena	98	08-021	3:11.16	50m	7-12-08	Eindhoven (NED)	287
----------------	----	--------	---------	-----	---------	-----------------	-----

**300 wisselslag**

**400 wisselslag**